**Grace United Learning Center**

**May 2016 Newsletter**

**Office Notes:**

 Summer Camp activity fees and fall registration fees have recently been added to tuition statements. Please remember the summer activity fee of $45 is applicable to all children attending our camp. This fee helps to cover field trip expenses and extra activities that make our summer camp fun and exciting for the children. We already have many extras planned to make this summer great! Re-registration fees of $45 are collected for our preschool and kindergarten prep students that have re-enrolled for the 2016-2017 school year. You can expect to see this charge on your tuition statement. Also, please note that your account must be paid in full in order to attend Summer Camp or re-enroll for the fall.

**Yard Sale: Saturday, May 21st, 2016 8-1!!!!!** Please come out and support our families! Vendors needed! All vendor spot proceeds will benefit a local family with medical bills! $10/space with an 8 foot table. Please see Katie or Crystal B in the office to purchase your spot!

**Office Notes:** Mark your calendars!Annual church picnic will be on Sunday, June 5th, 2016. More information will be coming out soon!

**Important Dates:**

* **Mother’s Muffin Breakfast-Monday May 9th**

All mothers and grandmothers are invited to have breakfast with us downstairs between the hours of 7:00 and 8:30am in celebration of Mother’s Day.

* **Scholastic Book orders due-Monday, May 9th**
* ![MP900407293[1]]()**Center Closed in observance of Memorial Day-Monday, May 30th**

**Month’s Themes:** National Egg Month

**Color:** Purple **Shape:** Triangle

**Sign Language:** Mother **Spanish:** Cinco de Mayo

**Letters:** Letter Review! **Numbers:** 19, 20

**Week 1-** Mothers **Week 2-** Plants & gardens

**Week 3-** Transportation **Week 4-** Dinosaurs **Week 5-** Circus

**May Birthdays:**

May 2nd Happy Birthday to Carter 4 Years Old

May 13th Happy Birthday to Jameson 3 Years Old

May 14th Happy Birthday to Sierra 5 Years Old

May 16th  Happy Birthday to Mikayla 5 Years Old

May 18th Happy Birthday to Leah 6 Years Old

May 25th Happy Birthday to Eva 5 Years Old

**Breakfast Basics! Food for Thought!**

Taking a few minutes to focus on breakfast can make a big difference in your day. Most Americans believe breakfast is important, yet only 44% eat it every day. (USDA 2015) Some skip breakfast because they aren’t hungry or want to lose weight, but there are many good reasons to eat breakfast.

**Why breakfast?**

• Bodies need to be refueled after 8 to 10 hours without food.

• Breakfast starts the body’s metabolism to begin burning calories early in the day.

• People who eat breakfast tend to eat better overall, and are more likely to participate in physical activities - two important ways to maintain healthy weight.

• Breakfast can make you feel more energetic and focused for better performance at school or work.

**Try these ideas:**

• Get everyone up just 10 minutes earlier each day.

• Do as much as you can the night before; set out dishes and utensils, peel hard-boiled eggs, cut up fruit, etc.

• Stock your kitchen with grab-and-go foods like fresh fruit, yogurt cups, or baggies of cereal.

• Make food ahead, such as peanut butter sandwiches, oatmeal, or fruit muffins that can be frozen until needed

\*No matter how hectic your mornings, be sure to make time for breakfast!

We hope that everyone enjoys the warmer weather, and has a very happy Memorial Day weekend!

 With Care of Children,

Ms. Katie, Ms. Crystal B, Ms. Natalie, Ms. Sara, Ms. Naomi, Ms. Jackie, Ms. Melissa, Ms. Crystal V and Ms. Lauren